

NORTH COUNTY PARKINSON'S SUPPORT GROUP

August 2021

www.NCPSG.org



NEWSLETTER FOR EVERYONE AFFECTED BY PARKINSON'S IN NORTH SAN DIEGO COUNTY

Join Us In-person at Your Local Support Group! *Support Group Meetings*

We are excited to begin our in-person support group meetings after more than a year of isolation. It's time to get out of the house and re-engage with the world and your support community! We will always have our meeting topics and locations announced in our page two calendar. We encourage you to join us in-person to make our grand reopening a big success! If you have never been to a live meeting before, please join us. Our meetings have an informative presentation, and are followed by separate breakout support sessions for Parkinsonians and Care Partners.

We have offerings throughout North County. Remember, if you are in the *northernmost part of the county* our Fallbrook Group meets at the Fallbrook Wellness Center 1636 E. Mission Rd., Fallbrook. Please note that this is a new location. If you are *south coastal* the La Costa Group meets at Christ Presbyterian Church 7807 Centella St Carlsbad. The *north coastal* folks meet at the Oceanside First Presbyterian Church 2001 S. El Camino Real at Fire Mountain Rd. Our *inland* group meets at San Rafael Catholic Church 17252 Bernardo Center Road, San Diego (Rancho Bernardo). There's a group near you, so come join us!

If you are concerned about safety, so are we. COVID-19 is a moving target as it mutates into new forms. Our group leaders adhere to the latest public health guidelines. In addition, since we have a vulnerable population, your board has adopted a policy of full vaccination as a requirement to attend our meetings. Masks are optional.

Social Events

Like the rest of our world, our Small Group will look a little different as we emerge from COVID-19. As we have done in the past, there will not be a small group in August due to folks on vacation, or in November due to Thanksgiving. July was our large group Summer Social. Look for a full report in our next issue. Our Holiday Luncheon is on December 4th (save the date!). Future Small Group meetings will be a combination of Zoom and in-person gatherings at private homes. Stephen and Stephanie Lester will Host in their home this September and October will be Madonna's World-Famous Weenie Roast. Please email Sam Cooper scprphd@gmail.com if you are interested in participating.

PASD 5K Walk August 21st!



Teams are gathering for the Parkinson's Association of San Diego **Fighting Parkinson's Step-by-Step WALK** on **August 21** at **Liberty Station, San Diego**. This is an exciting event, returning to a beautiful 5K walking course with plenty of perfectly legal short cuts! You can join a team, form your own or just walk with NCPSG. Donations are critical to funding PASD's important services including Empowerment Day, their incredible information-packed website, the new Mentor program, transportation, seminars, webinars and so much more! Liberty Station park is

flat. There'll be lots of booths where you can talk with PT providers, exercise leaders, Parkinson's researchers, pharmaceutical company reps, and support group leaders. Sign-up at <https://www.ParkinsonsAssociation.org>. Thanks for supporting this important organization, dedicated to you!

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Support Group Meetings

Attendance at NCPSTG in-person events require full vaccination against COVID-19. Attendance at an in-person event constitutes your certification of full vaccination.

Chapter Meetings

RANCHO BERNARDO

Monday August 2, 10:00 AM

Speaker: Marty Acevedo, PASD.

Topic: PASD's Mentor Program.

San Rafael Catholic Church 17252 Bernardo Center Road, San Diego, 92128

Hosts: Brigit King & Carol Maher

hcmaher@cox.net or 760-749-8234

LA COSTA CARLSBAD

Wednesday August 4, 1:00 PM

Speaker: Carly Bonnell, UCSD MSW

Topic: "Your Mental Health & COVID-19"

Christ Presbyterian Church 7807 Centella St Carlsbad 92009

Host: Sam Cooper NCPSTGLC@gmail.com or 520-820-0339

OCEANSIDE

Wednesday August 11, 1:00 PM

Speaker: Sherrie Gould NP, Scripps Clinic Center for Neurorestoration, La Jolla

Topic: Newly approved Deep Brain Stimulation technology

First Presbyterian Church 2001 S. El Camino Real, Oceanside 92054, at Fire Mountain Rd

Host: Paul Dawson paul@video-fire.com or 760-497-1200

FALLBROOK

Friday August 27, 10:00 AM

Speaker: Lindsey Unger; Speech - Language Pathologist; MS. CCC-SLP

Topic: Converse With Confidence, LSVT & Speakout Therapy

Fallbrook Wellness Center (new location)

1636 E. Mission Rd, Fallbrook 92028

Host: Irene Miller NCPSTGF@gmail.com or 760-731-0171

Small Social Groups

No group in August. Contact Social Chairperson

Sam Cooper scprphd@gmail.com

or 520-820-0339

NCPSTG Board of Directors

Wednesday August 18th 1 - 3pm Board meets on third Wednesday. Board meetings are conducted online. **Paul Dawson 760-497-1200**

Physical Exercise

(Contact Provider for In-person or On-line Options. Fees May Be Charged)

ROCK STEADY BOXING - Improve Parkinson's quality of life through non-contact boxing-based fitness curriculum. In-gym and online classes available. Find a class at:

<https://www.rocksteadyboxing.org/>

PERSONALLY FIT ONLINE - Zoom classes for PD. Personallyfitonline.com or contact Doris Flood, PT at dflood@personallyfitonline.com

CEREBRAL MOTION Specialized personal training for PD. Cerebralmotion.com or contact Mickey Burke MS at mickey@cerebralmotion.com

COACH ME STRONG A one-on-one exercise coaching program. Coachmestrong.com

SmartXPD Online Exercise with Patrick

An online/video exercise community. See

SmartXPD.com or contact patrick@smartxpd.com

Don Skaggs Total Healthworks: Evidence based online only fitness program. totalhealthworks.com

Vocal Exercise

Tremble Clefs -Therapeutic Singing and socializing.

North Inland Chapter (Rancho Bernardo)

Wednesdays starting August 4 at 10:00 AM

San Rafael Catholic Church in the Parish Hall, 17252 Bernardo Center Road, San Diego 92128

North Coastal Chapter (Encinitas)

Tuesdays starting August 3rd at 1:00 PM

Bethlehem Lutheran Church, in the Youth Multi Use Center, 925 Balour Dr, Encinitas, CA 92024

In-person participants should be fully vaccinated, or attend via Zoom. Contact Matt Ignacio for details.

Email: matt.sdtrembleclefs@gmail.com

Website: <https://www.trembleclefs.com/> Facebook: <https://www.facebook.com/TrembleClefsSD>

AudAbility - Professional music therapy program for People with Parkinson's.

Check the website to see if you are eligible for special subsidies for North County residents for this program.

MusicWorx.com. Or **Lindsay Zehren** 858-457-2201 or lzehren@musicworxinc.com.



Siobhan Calder was born in upstate New York in 1958. “After my parents divorced, my mother moved to Oceanside where I graduated from high school at 17 and met my first husband and father of my two sons. At age 30, I found myself a single parent. Beginning at Mira Costa College, I completed my BS in Accounting at California State University San Marcos and was hired by the Navy with the stipulation that I complete a Masters. The Navy paid my tuition, but I still had to work 40 hours during the week.”

“I have attended several North County Parkinson’s Support Group activities and am always greeted warmly and made to feel included. The speakers are very valuable and knowing I don’t have to feel isolated and knowing I am not alone on this journey is very helpful.”

“I meditate every day. I write down 3 things I am grateful for every night. My wonderful husband is always at the top of the list.”

“I married my husband, Tom, in 2006. In 2007 I lost two family members and my boss. I was seemingly fine, but woke up one morning overwhelmed by anxiety and fear and unable to go to work, resulting in my retiring early. I sought psychiatric help after my depression worsened including thoughts of suicide and was prescribed multiple medications that made me feel drugged but not any better. I finally checked myself into Sharp Hospital and got off the medication. The suicidal thoughts were gone, but the depression lingered. In 2013, unable to control myself, I fell backwards down a flight of stairs and broke 3 ribs. I found a Movement Disorder Specialist who diagnosed me with Parkinson’s. I had always thought of Parkinson’s as a disease with strictly physical symptoms. But I now understand Parkinson’s non-motor symptoms include depression, anxiety, and hallucinations.”

“Physical therapy has helped as has the Big And Loud Program and Rock Steady Boxing. Parkinson’s is always there and sometimes says ‘Nope, you’re not doing that today’, but most days now I walk 20,000 steps and feel pretty good. I have gotten used to a slower paced life, walking the dog, spending time in our garden, and flying back East to see my wonderful grandchildren. It really is all about stopping to smell the roses.”

“I have attended several North County Parkinson’s Support Group activities and am always greeted warmly and made to feel included. The speakers are very valuable and knowing I don’t have to feel isolated and knowing I am not alone on this journey is very helpful.”

“I meditate every day. I write down 3 things I am grateful for every night. My wonderful husband is always at the top of the list. His good-natured personality and positive outlook is a constant support. Exercise, reach out, and let others help you. You are not alone.”

NCPSPG Notices

We provide information in our newsletter and chapter meetings on a broad array of Parkinson’s-related topics and perspectives. **A presentation should not be interpreted as our endorsement.** Do your own research, and talk with your neurologist before taking action.

We take photos and videos at our meetings and events and may use them in our Newsletter, website and other promotional materials. Please tell the Support Group leader if you do not want your image to appear.

Did you know?

If you are receiving this newsletter electronically you can click on the links and be taken directly to the resource. To switch to electronic delivery contact Micheline at micheline.allen@cox.net. If you find a broken link, contact Rex at ncpsgnl@gmail.com.

Ping Pong!

We have been promoting exercise as the best way to combat the effects of Parkinson's since our beginnings. Here's a new opportunity! PASD and Coach Me Strong have partnered to sponsor a ping pong tournament in North County for Parkinsonians and their supporters.

When: Sunday August 8 from 4 to 7PM

Where: Country Club Senior Citizen's Center, 435 Country Club Lane, Oceanside, CA 92054

Divisions: Parkinson's singles
Parkinson's doubles.
Open singles
Open doubles.

Why: Improve hand-eye coordination, problem solving, endurance, and it's FUN!

Contact Bill Farrington at 760-815-5234 for information and to sign up.

An Open Ear

Your NCPSPG is always open to hear your needs. If you have questions or ideas please let us know. Talk to your group leader, ask at a meeting, or use our contact email or message line (see the contact list). Would you like an online meeting option? Do you have an idea for a speaker? Is there a program that you think would benefit the community? We have an open ear.

Passings

- Gene Burns
- Robert Barr
- Ray Rickard
- Dan Powell

Our thoughts & prayers go out to family and friends

To update or remove your contact info, please let **Micheline Allen** know. 760-631-0649
micheline.allen@cox.net

Our mailing address :

NCPSPG
PO Box 230566
Encinitas CA 92023

Our Website: (Donations accepted)

NCPSPG.org

Our Facebook page: (Donations accepted, no fees)

<https://m.facebook.com/NorthCountyParkinsonsSupportGroup/>

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Our continuing thanks to the
Neurology Center of Southern California
for our Newsletter postage.



Serving San Diego County with four locations:
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